

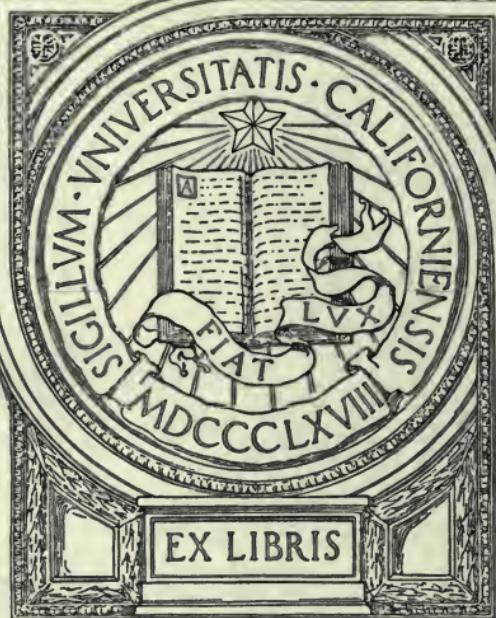
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**OFFICIAL HANDBOOK**

OF

**The Public Recreation  
Commission**

OF COLUMBUS, OHIO



**Governing Athletics Under  
Its Jurisdiction**



OFFICIAL HANDBOOK

OF

THE PUBLIC  
RECREATION COMMISSION  
OF COLUMBUS, OHIO  
"



GOVERNING ATHLETICS UNDER  
ITS JURISDICTION

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*To the Boys of Columbus:*

We have much pleasure in commanding to you this pamphlet, trusting that it will help you to take an interest in clean sport.

A healthy, clean mind can exist best and develop into successful manhood only in a sound body.

Athletics develop the mental qualities of quickness, determination and nerve. You can only acquire these by practice in your youth.

To be successful in your games you must follow certain rules. You must care for the body as well as to exercise it. Keep the skin clean; take lots of sleep; avoid the bad influences of the streets and cigarette smoking. Do not overdo in your practice.

In all your contests "play fair"; despise anything tricky and mean; abide strictly by the rules of the game. Do not be a "kicker" hunting for technicalities upon which to base protests against opponents; accept decisions of officials in a sportsmanlike spirit. Honor the victors when you are the loser by congratulating them; have

pride in your own success but not conceit, in short remember that to be a good athlete means to be a square and honorable gentleman.

The buildings and grounds which you are permitted to use are for your benefit, and you should therefore consider them, for the time being, as your own property, and neither injure them yourself, nor allow any one to do so.

By following these suggestions you will attain the spirit and manners of a gentleman. If you become a gentleman you gain the right to friendly recognition from all who know you.

THE PUBLIC RECREATION COMMISSION.

E. S. MARTIN, Secretary.

## HINTS ON TRAINING

(From Spalding's Athletic Library.)

1. Always warm up slowly and cool off gradually when finished.
2. Stop practice before you are exhausted.
3. Dress lightly for practice or competition, but put on warm clothing at once when you have finished.
4. Practice regularly; a little each day, if possible.
5. Have regular hours for eating and sleeping..
6. DON'T SMOKE.

### TRAINING SCHEDULE.

#### FOR RUNNERS.

- (a) Warm up; *never fail to do this.*
- (b) Practice five or six starts. Before taking the line trot a dozen steps up the track and back. On the start run at full speed about twenty yards; slow up gradually and walk back to the line.
- (c) Wait a minute; take a few deep breaths; trot a few steps and repeat the start, running a few yards further than before. After two or three trials put as much speed as possible into the start, run moderately for a few yards and finish at top speed.
- (d) Once a week run your full distance at top speed. This may be done oftener for distances under 100 yards.
- (e) Always end practice by walking about until breathing becomes nearly normal; then take a rub down and dress.

#### FOR JUMPERS.

- (a) Warm up.
- (b) Devote a large part of the practice to getting the "take off" properly.
- (c) Decide which foot you will jump from, then starting on this foot from the "take off" run back six, eight or some even number of strides and marks off the spot where you strike on your last stride. Let your jumping foot strike this mark in the run fo the "take off." Run with the natural stride until the last two paces, which may be lengthened a few inches. If you do not hit the "take off" right, move your starting mark backward

or forward by just the distance that you go over or fall short. Some jumpers have two marks. This is often helpful; the first mark serving as a guide to bring the jumper to the second mark on the proper stride.

(d) At first try easy jumps, raising the knees quickly and as high as possible when the jump is being made. Practice this until you learn how to land and to control your body while in the air.

(e) Do not try for height or distance in the high and broad jump more than once or twice a week, and take a good rub down and dress quickly when you have finished practicing.

#### FOR SHOT PUTTERS.

(a) Warm up by swinging the arms, bending the body and springing forward, at the same time giving the body a sharp turn forward and to the right.

(b) Practice should be done from a stand so as to get the spring with the legs, the turn and lunge of the body and the heave with the shoulders.

(c) Before making a put always limber the muscles of the arm and shoulder by stretching the arm up to its full length.

(d) Use a light shot until the fundamental motions are mastered.

#### FOR HURDLERS.

(a) Warm up and practice starts the same as for running.

(b) Practice with one hurdle at first to get the stride and to overcome any hesitancy in taking the hurdle.

(c) Go no higher than is necessary in clearing the hurdle. Both time and strength may be saved in this way.

(d) Later practice with two or three hurdles, aiming to get a uniform stride between the hurdles and to maintain a good balance. A good preliminary exercise is to raise the legs alternately, bringing the knees to the level of the armpit.

(e) Once or twice a week take the full number of hurdles for time.

#### WARMING UP PROGRAM.

(a) Take a dozen steps, rising slightly on the toes at each step.

(b) Trot a dozen steps. Repeat, swinging the arms at the sides.

(c) Trot thirty steps, lifting the knees well at each step. Repeat, lifting the heels high.

(d) Take several deep breaths. Now trot fifty steps at a good swinging pace, then walk fifty.

(e) Breathe deeply.

Always do this, no matter what your event may be.

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## ATHLETIC COURTESY

*(From Spalding's Athletic Library.)*

The Department of Public Recreation endeavors to foster clean sport between gentlemen. The following statements express the spirit to be sought and maintained in such sport. It is the privilege and duty of every committee and person connected with this Department to embody these principles in his own actions and to earnestly advocate them before others:

(1) The rules of games are to be regarded as mutual agreements, the spirit or letter of which one should no sooner try to evade or break than one would any other agreement between gentlemen. The stealing of advantage in sport is to be regarded in the same way as stealing of any other kind.

(2) Visiting teams are to be honored guests of the home team, and all their mutual relationships are to be governed by the spirit which is understood to guide in such relationships.

(3) No action is to be taken nor course of conduct pursued which would seem ungentlemanly or dishonorable if known to one's opponent or the public.

(4) No advantages are to be sought over others except those in which the game is understood to show superiority.

(5) Officers and opponents are to be regarded and treated as honest in intention. When opponents are evidently not gentlemen, and officers manifestly dishonest or incompetent, future relationships with them may be avoided.

(6) Decisions of officials are to be abided by, even when they seem unfair.

(7) Ungentlemanly or unfair means are not to be used even when they are used by opponents.

(8) Good points in others should be appreciated and suitable recognition given.

# ATHLETIC RULES

## RULE I.

### MANAGEMENT.

All athletic competitions under the auspices of the Department of Public Recreation shall be directed by a Central Games Committee consisting of three competent and disinterested persons appointed by the Public Recreation Commission.

The Chairman of the Central Games Committee shall be empowered to appoint a sub-committee of not more than five to assist in special duties at such times as the committee may deem advisable.

## RULE II.

### ELIGIBILITY.

#### (a) General.

Attendance of at least twenty school days shall be required of all pupils before they shall be entitled to represent the school in athletics.

Boys taking part in unsanctioned events render themselves liable to suspension.

No pupil, under penalty of discipline in his school, shall be eligible to represent such school, the Principal of the school to be the sole judge concerning this.

Only those pupils who are in good standing as amateurs shall be eligible to represent their school.

Boys who maintain their amateur standing may participate in athletics during the summer vacation.

All boys are considered eligible for competition limited to the members of the school to which they belong, subject to the approval of their Principal.

#### (b) Elementary Schools.

Elementary school boys are allowed to represent both their church and their school in athletics.

No boy who has represented any outside organization shall be eligible to compete for any school organization until twenty school weeks have elapsed from the time of such competition, except that summer schools, and vacation playgrounds under the jurisdiction of the Department of Public Recreation are not

considered outside organizations. Outside organizations which school boys may not represent and still be eligible to represent their schools are such as athletic clubs with a formal constitution and by-laws, Y. M. C. A.'s Settlements, Evening Recreation Centers, etc. This rule is also intended to apply to the various clubs formed within these organizations; that is, a boy may not represent in athletics a club of one organization against a club of another organization and still be eligible to represent his school, because such clubs are really departments of these organizations. This does not in any way debar boys from taking part in athletic competitions that are closed to their own organization, even though it may be between different clubs within that organization.

No elementary school pupil coming from another school shall represent the school unless he has attended the school for twenty school weeks, except

- (a) He has been promoted from one school to another;
- (b) He has been transferred from one school to another by order of the Superintendent;
- (c) He has been transferred on account of a change in residence;
- (d) He has been admitted from a school outside the school system of Columbus.

Elementary school boys are allowed to enter one event only at any set of games.

Spiked shoes not allowed in any athletic competition.

No entry shall be accepted without a physician's certificate of physical fitness, the same to be countersigned by the Principal of the school.

(c) *High Schools.*

No high or Junior high school pupil shall represent his school unless he has attended a school for twenty school weeks, except

- (a) He has been promoted from an elementary or Junior high school whereupon he shall be eligible immediately;
- (b) He has been admitted from a school outside the Columbus Schools, whereupon he shall be eligible after an attendance of twenty school days.

No boy shall represent any high or Junior high school in any branch of athletics who has represented any outside organization,

or has played on any other team, organized or unorganized, until twenty school weeks have elapsed from the time of such competition.

No high school pupil who has reached the age of twenty-one shall be eligible to represent his school in any branch of athletics.

Any extraordinary case shall be submitted to the Games Committee.

No pupil who is a graduate of a four-year secondary school course shall be eligible to represent any school.

Any boy who has matriculated in any college or university or who has played on a college or university team shall be eligible to represent a high school.

No entry shall be accepted unless countersigned by the Principal.

Any high or Junior high school pupil known to have bet or acted as agent for others in betting on athletic contests, shall be debarred from competition for one year.

(d) *Churches, Industrial or Other Organizations.*

A person shall be eligible to represent an industrial organization when he has been employed by that organization such a time as is necessary to place his name on its payroll at least once.

A person shall be eligible to represent a church or other organization if he has been a member in good standing for a period of one month and has not represented any other church or organization in any athletic contests.

A person who has competed as a member of a team of a club or organization may not represent any other club or organization till a period of twenty weeks has elapsed from the time of such competition.

No entry shall be accepted unless certified to by some official of the organization who has been approved by the Games Committee.

Each entry must be accompanied by a physician's certificate of physical fitness countersigned by the official of the organization.

SPECIAL.

For all games under the auspices of the Department of Public Recreation officials shall be furnished by the Games Committee.

## RULE III.

### CLASSIFICATION OF COMPETING ATHLETES.

#### *Elementary Schools.*

An elementary school boy shall be considered a novice until he has won a prize in games open to all elementary schools, or, in an event sanctioned by the Department of Public Recreation and open to all elementary schools of the city.

In track and field events, swimming, skating, etc., the following classifications are made: Midget, 80 pounds; light weight, 95 pounds; middle weight, 115 pounds; unlimited weight, boys of any weight.

In team events the following classifications are made: Junior, boys up to the Seventh Grade; Senior, boys of the Seventh and Eighth Grades, except in schools having Junior High Schools, where the Seventh, Eighth and Ninth Grades shall be called Junior High.

The Games Committee may arrange special classes of events to meet special needs. For example: events may be given for boys who have never even competed in a set of athletic games; or, weight classes may be arranged other than those regularly prescribed.

#### *High Schools.*

A novice in high or Junior high school is an athlete who has never won a prize in competition that is open to two or more secondary schools or organizations, except that there shall be two classes of novices in high and Junior high schools, namely, track and field, and the loss of noviceship in one class shall not debar a boy from competing as a novice in the other class. Boys entering high or Junior high schools from elementary schools shall be considered novices in athletics.

In the High School Novice Championships a boy who competes in the novice meet retains his noviceship throughout that meet, this to include novice relay.

Members of a track team in the high schools that win a trophy shall not lose their noviceship unless they receive personal prizes.

Where Junior and Senior events are given in Senior high school games boys under 110 pounds shall be considered Juniors, and all other boys shall be considered Seniors.

### *General.*

Boys will be weighed in athletic costume, minus shoes. A boy shall not be allowed to weigh in a second time in any set of games in case he is found to be over weight at the first weighing. The scales will be set at the weight specified for each class, and any competitor raising the beam so that it touches above shall be ineligible to compete. The average weight of teams will not be taken for relay teams. Boys found to be too heavy for the class in which they enter will not be allowed to compete in any other class.

## RULE IV.

### CHAMPIONSHIP MEETS.

Indoor and outdoor track and field, baseball and basketball championship meetings shall be held annually at such times and places and with such schedules of events as may be decided upon by the Games Committee.

Indoor and outdoor track and field novice meetings shall be held at such times and places and with such schedules of events as may be decided upon by the Games Committee.

All entries shall be sent to the Games Committee, which Committee may reject any entries it may deem objectionable.

The Games Committee shall choose all the officials for the Championship Meetings, and shall decide all questions concerning the competitions.

## RULE V.

### LIST OF CHAMPIONSHIP EVENTS.

There shall be special lists of championship events for the elementary schools, high schools and private schools of Columbus.

### ELEMENTARY SCHOOLS INDOOR CHAMPIONSHIP EVENTS.

#### *80-pound Class.*

50-Yard Dash.  
Running High Jump.  
Standing Broad Jump.  
360 Yards Relay Race.

#### *115-pound Class.*

70-Yard Dash.  
8-pound Shot Put.  
Standing Broad Jump.  
440 Yards Relay Race.

<i>95-pound Class.</i>	<i>Unlimited Weight Class..</i>
60-Yard Dash.	100-Yard Dash.
Running High Jump.	12-pound Shot Put.
Standing Broad Jump.	Running High Jump.
440 Yards Relay Race.	880 Yards Relay Race.

ELEMENTARY SCHOOLS NOVICE AND CHAMPIONSHIP OUTDOOR  
EVENTS.

<i>80-pound Class.</i>	<i>115-pound Class.</i>
50-Yard Dash.	70-Yard Dash.
Running High Jump.	8-pound Shot Put.
Running Broad Jump.	Running Broad Jump.
360 Yards Relay Race.	440 Yards Relay Race.
<i>95-pound Class.</i>	<i>Unlimited Weight Class.</i>
60-Yard Dash.	100-Yard Dash.
Running High Jump.	12-pound Shot Put.
Running Broad Jump.	Running High Jump.
440 Yards Relay Race.	880 Yards Relay Race.

The number of entries allowed from each school shall be determined upon by the Games Committee.

The distance for any Junior race shall not exceed 440 yards for the team and, wherever possible, it is recommended to have the race limited to 360 yards for the team.

Two substitute entries shall be allowed on each relay team; such entries to be made in regular form on entry blanks and to be printed on the programme. Two substitute entries shall be allowed on each relay team. Boys entered as substitutes shall not be entered in regular events.

No substitute entries shall be allowed in individual events.

There will be a prize for the all-around championship at each meet, the school scoring the greatest number of points in each meet to win the prize.

The points are scored—for individual and relay events alike—on a basis of 5 points for firsts, 3 for seconds, 2 for thirds, and 1 for fourths.

The signature of the Principal must appear on all entry blanks.

## HIGH SCHOOLS INDOOR CHAMPIONSHIP EVENTS.

- 100 Yards Dash, Junior.
- 220 Yards Run, Junior.
- 100 Yards Dash.
- 220 Yards Run.
- 440 Yards Run.
- 880 Yards Run.
- One Mile Run.
- 100 Yards High Hurdles.  
(8 hurdles, 3 feet 6 inches.)
- Junior Relay Race.  
(Four-boy team; each boy to run 110 yards.)
- Senior Relay Race.  
(Four-boy team; each boy to run 220 yards.)
- Putting 12-pound Shot.
- Running High Jump.

## JUNIOR HIGH SCHOOL EVENTS.

Special events for Junior High Schools may be arranged by consulting the Games Committee.

## HIGH SCHOOLS NOVICE AND CHAMPIONSHIP OUTDOOR EVENTS.

- 100 Yards Dash, Junior.
- 220 Yards Run, Junior.
- 100 Yards Dash.
- 220 Yards Run.
- 440 Yards Run.
- 880 Yards Run.
- One Mile Run.
- 120 Yards Hurdle Race.  
(10 hurdles, 3 feet 6 inches.)
- 220 Yards Hurdle Race.  
(10 hurdles, 2 feet 6 inches.)
- Junior Relay Race.  
(Four-boy team; each boy to run 110 yards.)
- Senior Relay Race.  
(Four-boy team; each boy to run 220 yards.)
- Running High Jump.
- Putting 12-pound Shot.
- Running Broad Jump.
- Pole Vault.
- Discus Throw (Greek style).

Events open to clubs, churches and other organizations may be arranged by consulting the Games Committee.

The signature of the Principal must appear on all entry blanks.

The entries from each school shall be limited to five men in each event except the two hurdle races and the 440 yards run, where three entries only shall be received.

There shall be a championship prize at each meet for the school scoring the most points.

Relay races shall not count points for the championship prize.

Points shall be counted as follows: 5 for firsts, 3 for seconds, 2 for thirds, and 1 for fourths.

## RULE VI.

### RULES GOVERNING BASKETBALL COMPETITIONS.

#### ELEMENTARY SCHOOLS.

Regular basketball rules, as they appear in Spalding's Official Basketball Guide, shall be used, but time shall be fifteen (15) minutes halves with ten (10) minutes intermission.

As far as possible all games shall be played on neutral courts.

There shall be two classes in elementary schools basketball, namely: Boys to the Sixth Grade inclusive, and boys of the Seventh and Eighth Grades, except schools ranking as Junior High Schools, where there shall be a Junior team of boys to the seventh year, and a Junior High team of boys from the seventh, eighth and ninth years.

All boys who play at any time during the tournament must be registered on a date set by the Games Committee. In order that teams may not be handicapped by disqualifications of players fifteen boys may be registered if desired. The players must be selected from these boys. If, for any cause, a player becomes ineligible, he cannot be reinstated during the tournament.

No boy is allowed to play on more than one basketball team.

Any neglect in forwarding the names of the teams to the Games Committee will forfeit the right of teams to compete.

The ball to be used in all match games shall be one approved by the Games Committee.

The Games Committee will furnish officials for all games.

## HIGH SCHOOLS.

The High Schools Basketball Championship shall be decided by a series of games scheduled by the Games Committee whereby each school will play every other school entered in the championship. Spalding's Official Basketball Rules shall govern the contests, except "when an official calls a foul, the opposing team shall receive one point without a try for goal."

The halves shall be fifteen minutes each.

Each school shall present to the official at every game a team certificate naming the boys eligible to play. The "team certificates" are to be signed by the official and forwarded with score and remarks to the Games Committee.

Rules as to eligibility apply to these championships as to other contests.

The ball to be used in all match games by the high schools shall be one approved by the Games Committee.

The Games Committee will furnish officials for the Basketball Championships.

After the selection of neutral courts for the Basketball Championships, no games shall be played nor practice allowed on said courts.

Clubs, churches and other organizations may compete under these rules.

## RULE VII.

### RULES GOVERNING BASEBALL AND INDOOR BASEBALL TOURNAMENTS.

#### ELEMENTARY SCHOOLS.

A schedule will be arranged by the Games Committee.

The Games Committee will furnish officials for all games.

The general rules of athletics, as they appear in this book, shall govern these contests in all questions that may arise as to eligibility.

The ball to be used in all outdoor match games for the elementary schools shall be one approved by the Games Committee.

The rules, as published in Spalding's Official Baseball Guide and Spalding's Official Indoor Baseball Guide for each year, shall govern all competitions in the elementary schools, except that a full game may consist of seven innings. This to be decided by the Elementary Schools Games Committee.

## HIGH SCHOOLS.

A schedule for high school games shall be arranged by the Games Committee at its first meeting after the opening of school in the fall.

The general rules of eligibility shall govern baseball the same as other branches of athletics.

Spalding's Official Baseball Rules shall apply in the high schools games.

Officials shall be appointed by the Games Committee.

Clubs, church and other organizations may compete under these rules.

## RULE VIII.

### RULES GOVERNING CROSS COUNTRY RUNNING.

Regular rules of eligibility shall apply.

In championship competitions there shall be five members per team and three substitutes.

The course shall be three miles in length, and must be so marked that runners may be able to follow it without difficulty.

Only those boys shall be allowed to take part in competitions who have prepared themselves by participation in preliminary runs.

Points shall be awarded in the order in which runners finish.

## RULE IX.

### RULES GOVERNING THE TENNIS TOURNAMENT.

Each school shall be represented by three players for singles and one team for doubles.

The boys who play in the singles shall not compete in the doubles in the same match.

A schedule shall be arranged between the schools by the Games Committee during the tournament.

Each team shall play each other team.

Each match shall consist of three single matches (best two sets out of three) and one match of doubles.

Each match of singles shall count one point and the match of doubles, two points. The school scoring the greatest number of points wins the match.

The school winning the greatest number of school matches shall be awarded the championship.

There shall be at each match one official approved by the Games Committee. Balls must be approved by the presiding official.

Clubs, church and other organizations may compete under these rules.

## RULE X.

### AFTER SCHOOL GYMNASTICS AND ATHLETICS.

#### GYMNASTICS.

Gymnastic work along the following lines is open to boys of the public and private schools of Columbus:

*Tactics*—

American and Gymnastic.

*Class Gymnastics*—

- Free-hand.
- Wands.
- Dumb Bells.
- Indian Clubs.
- Heavy Apparatus.

#### ATHLETIC BADGE COMPETITION.

The standards have been set as follows:

The Athletic Badge Test may be held at any time during the year.

The names of successful boys should be sent to the office of the Department of Public Recreation not later than May 1. During the month of May the official test will be held.

#### STANDARDS.

*Class A—Bronze Badge.*

- 60 Yards Dash, 8 3-5 seconds.
- Pull-up (chinning on bar), 4 times.
- Standing Broad Jump, 5 feet 9 inches.

## *Class B—Bronze Silver Badge.*

- 60 Yards Dash, indoors, 8 seconds.
- (or) 100 Yards Dash, outdoors, 14 seconds.
- Pull-up (chinning on bar), 6 times.
- Standing Broad Jump, 6 feet 6 inches.

**NOTE.**—All age, weight or height classifications are abolished in the Athletic Badge Test, and boys are given a Class A or Class B badge according to their qualifications.

### **CONDITIONS.**

Only those boys shall be admitted to the Athletic Badge Test who have received a satisfactory mark for the month previous in effort, proficiency and deportment, *and who are making satisfactory effort to secure good posture.*

In order to win a badge a boy must qualify in all three events in his class.

### **RULES.**

The following general rules shall govern the *final competition*. There shall be but one trial chinning, one in the dashes and three in the jumps.

Sixty Yards Dash and 100 Yards Dash—The general rules of competition, as set forth in this handbook, shall govern this test, except there shall be no finals.

Chinning—The boy shall extend himself to his full length before and after each pull-up, and shall be obliged to raise his body without a kick, snap, jerk or swing to such a height as to bring his chin higher than the bar.

Jumping—The rules of the P. S. A. L., as set forth in the Handbook, Rules XXV and XXVII, shall govern this test, except that, as there is no real contest, *i. e.*, there is no striving for first, second or third places, the finals shall be dispensed with. With reference to false starts, a competitor shall be penalized in accordance with Rule X.

The following order of events is suggested:

Chinning, Jumping, Running—As the first two events can in most cases be tried out at the schools, thus leaving the smallest possible number of boys to take the third test of running, which must of necessity be held at some athletic field.

No boy shall be admitted into any contest who has not received a satisfactory mark for the month previous in effort,

proficiency and deportment, the Principal of the school to be sole judge in this matter.

Duplicate lists of the successful competitors, classified as Seniors and Juniors, should be made out on blanks furnished by the Department of Public Recreation. One copy should be forwarded to the Secretary of the department and the other placed on file in the school.

The Athletic Badge Competition shall take place once a year, and the reports must be sent in before May 1.

The Juniors of the elementary schools shall receive a Bronze Athletic Badge; the Seniors in elementary schools shall receive a Bronze and Silver Athletic Badge.

Each school is expected to conduct its own tests. If assistance is required, application should be made to the Secretary of the Department.

Badges can be secured only through the Department of Public Recreation.

#### HIGH SCHOOLS.

220 Yards Run, 28 seconds.

Pull-up (chinning on bar), 9 times.

Running High Jump, 4 feet 4 inches.

The high school boys shall receive a Silver Athletic Badge. These tests may be held twice each year in high schools, but no boy shall receive more than one badge during any school year.

Reports must be sent in before June 1.

#### CLASS ATHLETICS.

##### *Athletics for All the Boys—*

In this form of athletics a record is made by the whole class instead of by an individual.

At least 80 per cent of the boys enrolled in the class must take part in order to have the record stand.

The number taking part must not be less than eight.

Trophies to be held one year will be awarded by the Department of Public Recreation to the 7th, 8th and 9th year classes for the best Class Records made in each of the following events:

Standing Broad Jump, tested in the fall.

Pull-up, or "chinning," tested in the winter.

Running, tested in the spring.

(Distances for running: 5th year, 40 yards; 6th year, 50 yards; 7th year, 60 yards; 8th year, 80 yards.)

Classes may be tested as follows:

#### STANDING BROAD JUMP.

The best record made in three trial jumps is taken for each boy. The class record is determined by adding the individual records and dividing the total by the number of boys competing. Jumping must be done from a line. Many schools cannot have a "take off" without considerable inconvenience.

#### PULL-UP (CHINNING.).

The boy shall extend himself to his full length before and after each pull-up, and shall be obliged to raise his body without a kick, snap, jerk or swing to such a height as to bring his chin higher than the bar.

#### RUNNING.

In order to lessen the possibility of error in timing the competitors, the following method has been adopted: The boys are lined up behind the starting mark in the order in which they are to run; the timer, who also acts as starter, stands at the finish line and gives the signal for each boy to start. As the first runner crosses the finish line the second runner is given the signal to start. As the last boy crosses the finish line the watch is stopped. The record is found by dividing the time elapsed by the number of boys competing. If an ordinary watch is used the first boy should be started when the second hand is over the "60" mark.

Blanks will be furnished for reporting the tests, which are to be sent in as follows:

Standing Broad Jump, on or before December 1.

Pull-up, on or before April 1.

Running, on or before June 1.

Each school is expected to conduct its own tests.

All boys are considered eligible for Class Athletics, subject to the approval of the Principal.

When the records are all in, the three classes having the best records for their grade will be tested officially. If a record is then made better than any other record sent in, the trophy

will be awarded to the class making it. If, however, the records made at the official test are lower than other reported records, the classes will be tested in order until a record is made at an official test that is higher than any other reported or official record.

This form of athletics is especially desirable, as it gives every boy an opportunity to take part, and the size of the school does not in any way affect the chances of winning a trophy.

The boys should practice by themselves in the yard, on the street, at home, or elsewhere, prior to the tests.

Frequent preliminary tests are recommended.

## RULE XI.

### AFTER SCHOOL GYMNASTICS AND ATHLETICS FOR GIRLS.

#### GYMNASTICS.

Gymnastic work along the following lines is open to girls of public and private schools of Columbus:

##### *Tactics—*

American, Artistic and Gymnastic Marching.

##### *Class Gymnastics—*

Free-hand.  
Wands.  
Dumb Bells.  
Indian Clubs.

##### *Games—*

Recreative.  
Competitive (See Athletics).  
Folk Games and Dances.

#### ATHLETICS.

The Department of Public Recreation has approved the following list of athletic events and games for inter-class, inter-school or inter-club competitions, to be played according to the rules specified.

#### ELEMENTARY SCHOOLS.

Team Games: End-ball, captain-ball, tether-ball, bowl-ball.

**Relay Games:** All up relay, pass-ball relay, potato shuttle relay, shuttle relay, basketball distance throw.

Any of these game may be played either in our out-of-doors.

#### HIGH SCHOOLS.

(Girls of high school age and over.)

**Basketball (Line Game):** Spalding Official Rules for Women.

**Captain-ball:** Rules approved by the Girls' Branch of the Public Schools Athletic League, N. Y. C.

**Field Hockey:** Rules of the American Field Hockey Association.

**Indoor Baseball:** Rules approved by the Girls' Branch, of the Public Schools Athletic League, N. Y. C.

**Ring Hockey:** Spalding Rules.

**Tennis:** Rules of the U. S. National Lawn Tennis Association.

**Volley-ball:** Spalding Rules.

Track and field events may be arranged by securing the approval of the Games Committee.

#### ELIGIBILITY.

No entry for school girls shall be accepted unless approved by the Principal.

No entry shall be accepted without a physician's certificate of physical fitness, and the personal approval of the instructor in charge of the games.

No girl who has represented any outside organization or taken part in any inter-school competition shall be eligible to compete in any school event of this department, until twenty school weeks have elapsed from the time of such competition.

Any girl representing an outside organization is eligible to compete in any events open to outside organizations, provided she has not taken part in any other competition as a member of some other team, within twenty weeks.

Girls taking part in any unsanctioned events render themselves liable to suspension.

#### INTER-CLASS AND INTER-SCHOOL HIGH SCHOOL CONTESTS.

High School Championships shall be decided within or between the several schools by a series of games, whereby each

club or school shall play every other club or school entered in the School Championships.

Official Rules as specified under "Games" shall govern contests.

All games shall be under the direction of an instructor (preferably physical training instructor) appointed by the Principal.

Each club shall give its list of players, with two substitutes, signed by the Principal, to the instructor in charge of the games, who shall arrange the schedule.

The games shall be played in some suitable space approved by the Games Committee.

Officials for the games shall be persons approved by the Games Committee and the Principal.

The ball to be used in all match games shall be one approved by the Games Committee.

## RULE XII.

### INDUCEMENTS.

No school, under penalty of expulsion by the Games Committee, shall through any of its officers, or by any other means, directly or indirectly, offer any inducement to a pupil of any other school to sever his connection with such school for athletic purposes.

## RULE XIII.

### PROTESTS.

All protests referring to the eligibility of the contestant must be submitted in writing to the Games Committee.

All other protests must be submitted to the referee of the games, who has it in his power to allow the protested individuals or teams to run under protest.

All protests submitted in writing must be countersigned by the Principal or approved official.

The Department of Public Recreation holds it within its jurisdiction to decide all protests made in events sanctioned by it. These protests are settled by the Games Committee and their decision is final.

All protests must have been mailed to the office of the Secretary of the Department of Public Recreation within 24 hours after the time of event or game protested.

In case a boy's amateur status is questioned, the matter shall be referred to the Secretary of the Department of Public Recreation for action.

## RULE XIV.

### ENTRIES.

Any person to be eligible for any athletic event must be regularly enrolled in some class or club conducted or approved by the Department of Public Recreation.

All entries for competitions held under the auspices of the Department of Public Recreation must be made on the entry forms adopted by the department.

The entry forms must be carefully filled out and must be signed by the Principal of the school; otherwise, they shall be rejected. No post entries shall be received.

If any competitor enters an event and then fails to compete he must send a valid excuse to the Secretary of the Department of Public Recreation. Failing in this, he may be suspended.

## RULE XV.

### SANCTIONS.

All events or games, whether given by public schools or other organizations, that are open to public school boys, must be sanctioned by the Department of Public Recreation.

Any championship emblem accepted by any school should state specifically the nature of the championship and of what organization the recipient is champion.

The following conditions must be complied with before sanction can be given by the Department of Public Recreation:

### CONDITIONS.

A club or organization giving a public school event must secure the sanction before announcing same.

The conditions under which the events will be held must be printed plainly on the entry blank.

At least five days before the event takes place the names of the contestants must be submitted to the Secretary of the Department of Public Recreation for approval or disapproval.

In accepting this sanction, the club or organization agrees to

abide by the decision of the Games Committee in so far as the eligibility of the different contestants or schools is concerned.

Promoters of athletic meets must distinctly state whether the scholastic event is open to the public schools of Columbus or the public schools of the United States.

The Secretary will notify all schools, churches or organizations of the class invited of every event for which sanction has been issued.

All protests as to eligibility, etc., will be settled by the Games Committee.

When an event is sanctioned and prizes duly announced, the event must be run and prizes awarded according to announcement.

## RULE XVI.

### RECORDS.

No record shall be allowed unless the performance has been timed by at least three timekeepers or measured by at least three field judges.

The Games Committee shall investigate every performance to which their attention is called, and shall reject any record which shall not be supported by the affidavits of at least six witnesses, including the officials, certifying as to the place, time of day, state of weather, condition of path or field, force and direction of wind, level or grade of grounds, weight, measurement and material of implement, and correctness of announced time or distance.

In hurdling events the competitor must clear every hurdle and all the hurdles must remain standing; otherwise no record shall be allowed.

No record shall be allowed unless made in open competition.

## RULE XVII.

### LAWS OF ATHLETICS.

The laws of athletics as published in the Hand Book of the Public Schools Athletic League of New York shall govern all contests held under the auspices of the Public Recreation Commission.

## SPECIAL REPORT OF THE BOARD OF EDUCATION

The following is a copy of a special report adopted by the Board of Education at a regular meeting January 17, 1911:

Your Special Committee appointed to confer with the Department of Public Recreation in regard to their work, beg leave to submit the following report:

We are in hearty sympathy with the work desired to be done by the Department of Public Recreation and pledge them our hearty co-operation in the administration and maintenance of the activities named by the Ordinance creating the Department of Public Recreation under one body.

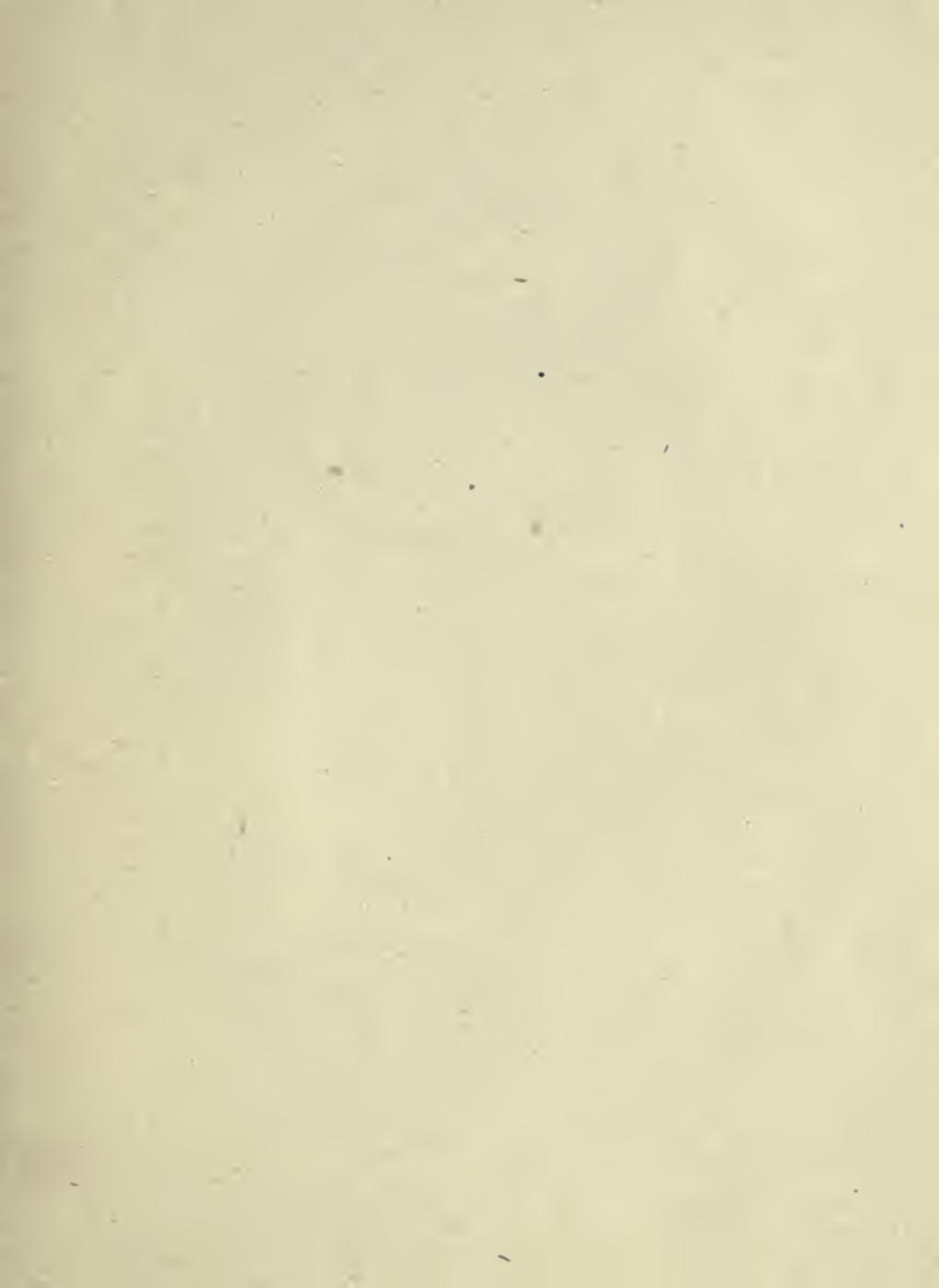
That the outline and rules filed with the Clerk and this Board governing physical and athletic activities prepared by the Secretary of the Public Recreation Commission and by Prof. Anton Leibold, Supervisor of Physical Culture in the public schools, be approved.

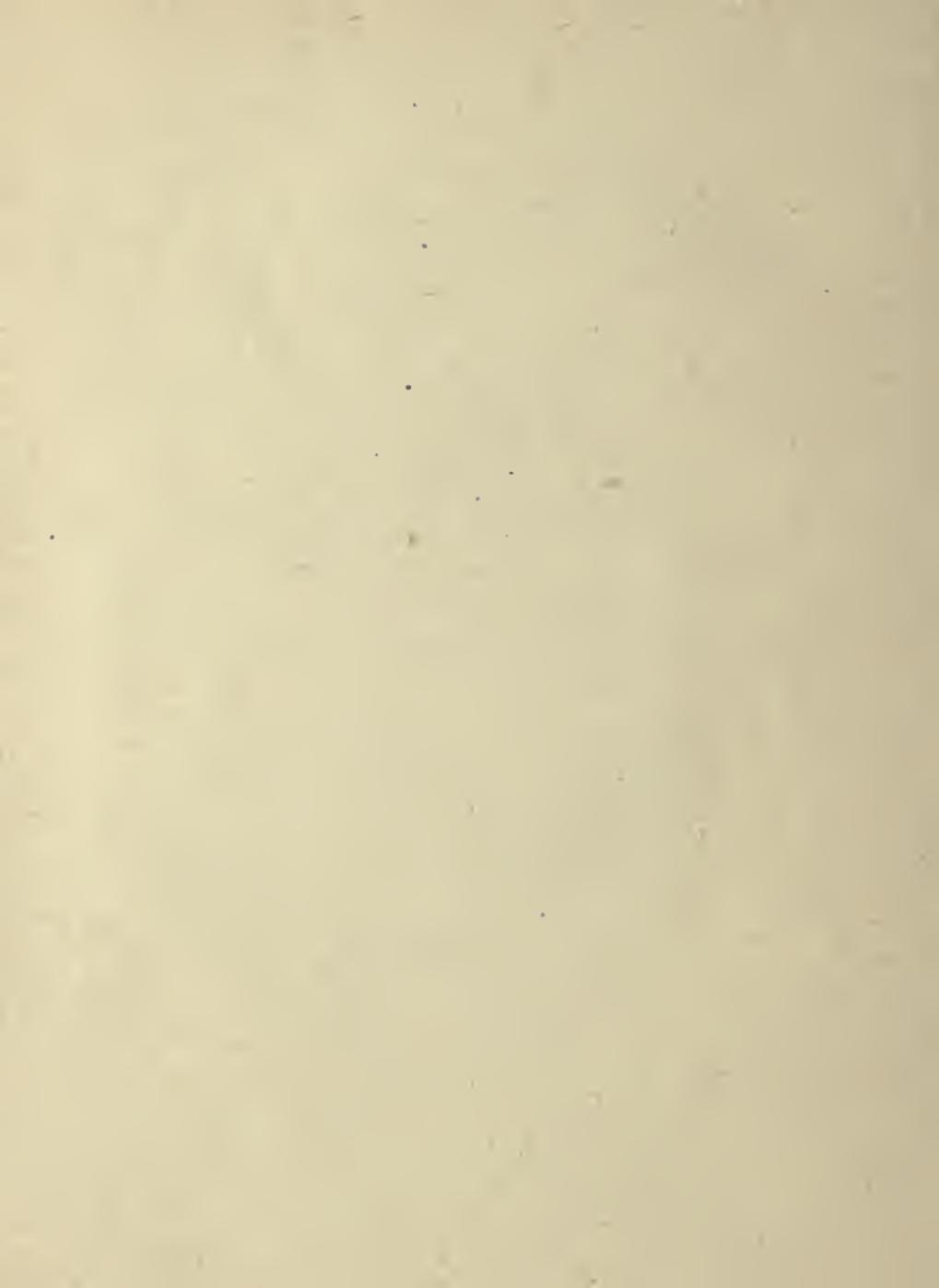
That a Special Committee consisting of four members of the Board of Education be appointed by the President to co-operate with the Commission in carrying out these recommendations.

It is the request of every one connected with this Department that the closest co-operation of the Board of Education and its employes be secured. The above report indicates that attitude of our public school authorities, and the private schools of Columbus are working in complete harmony with the Commission. We welcome every suggestion from those in these institutions who have experience along physical lines that we may train through this effort men who will be true in their relations to business life when they enter life's work.













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